

Every Woman Should Know About These 2 Tests

Take the time to care for yourself and those who need you. Your health care provider wants you to have these tests regularly:

1. Pap Test. Women should have regular Pap tests to find changes in the cervix before they turn into cancer. If you are 21 or older, talk with your doctor about how often you should have a Pap test. Most women have Pap tests every 1 to 3 years.

2. Mammogram. Women should have regular mammograms, or x-rays of the breasts, to look for breast changes or cancer. If you are 40 or older, talk with your doctor about making a schedule for testing. Most women have mammograms every 1 to 2 years.

Your chances of successful treatment are better when cancer is found early. There are free and low-cost tests available. To find out where, ask your doctor or nurse, call your local health department or clinic or call toll-free 1-800-4-CANCER (1-800-422-6237).



Talk about these tests at your next doctor's visit.

Have I had a Pap test in the past 3 years?

Have I had a mammogram in the past 2 years?

If not, talk with your doctor to schedule the tests. I need a:

☐ **Pap test** When? _____

☐ **Mammogram** When? _____

